Being healthy

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Why is being healthy good for you? I think being healthy is good for you because it helps you stay in shape and live longer. There are many ways to be healthy, but I focused on eating healthy and getting exercise.

One way to be healthy is by eating foods from the food pyramid. One way to eat healthy is by eating grain. Grain is good for you because it makes thyroid hormone. Another way to eat healthy is by eating fruit. Eating fruit is good for me because it keeps my water balanced in my cells. The third way of eating healthy is to eat vegetables. I eat vegetables because it keeps my water balanced in my cells, just like fruit. The fourth way I eat healthy is by eating meat. Meat is good for you because it helps your blood cells. Finally, I eat healthy by eating dairy because it builds strong bones and teeth.

Another way to be healthy is by exercising. Exercising is good for you because it helps your muscles get stronger. One way I like to exercise is by doing jogging, jogging is good for you because it builds flexibility and muscular endurances.

For more information please call this number [920-223-453].